



FALL EDITION III - SEPTEMBER 19TH, 2024

TRAILL TALES

*Catharine Parr Traill College
Trent University*



A message from our College Principal

Dear Traillites,

This Thursday, September 26th **Dr. Cathy Bruce** will be officially welcomed as Trent University's ninth president. Installation ceremonies don't happen that often, so it is a great opportunity to see the pomp and circumstance of the occasion featuring a faculty procession, in their academic regalia, on the Bata Podium. If you are still wondering what some of this pomp and circumstance might entail, I would encourage to check out this website for more details: <https://www.trentu.ca/president/presidential-installation/what-is-an-installation>. Everyone is welcome to attend.

A reminder to all the **Fellows (staff and faculty)** of the College that our first meeting of the year will be held in the Senior Common Room on Tuesday, September 24th at 10:00 AM. In addition to the regular back-to-class pleasantries, we will also be discussing the events planned for Traill's 60th anniversary, our schedule of College renovations for the upcoming year, and new directions for fundraising now that the Traill College Endowment has surpassed the \$1 million mark. Refreshments will be served.

For all **undergraduate and graduate members (students)** of the College, a friendly reminder that the due date to apply for **afterhours access** is September 23rd. Only members in good standing can apply. Anyone granted extended access to Scott House can expect their student cards to work as of October 1st.

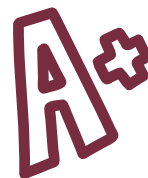
Finally, we had a very successful Tuesday night this week at the College. Professor **Edward David**, from the University of Swansea, gave a talk on the history of human rights in Wales to 20 members of the Trent Swansea Dual Degree program in Law at Bagnani Hall. Outside, we had another 20 people enjoying our first outdoor film night in the Amphitheatre. Our next outdoor film night will be Tuesday, September 24th when we will be showing **Shrek**. It should be fun for the whole family. Free refreshments will be provided. It all starts at 7 PM.

See you next time,



Needing an Appointment?

Looking to book an academic appointment?



Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

Trail College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 7333 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to graduate@trentu.ca or your home department.

Cabinet Corner

**Nominations
Are Open!**



Closes Oct 7th @ 12PM

For information on the candidates, click below

<https://www.trentu.ca/colleges/trail/belong/college-cabinet>

To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:

<https://www.trentu.ca/news/>

Swag Shop



Click [here](#) to view our swag shop and order online!
Pick up orders and pay with cash at the College Office.



[@trailcollege](#)



[Trail College](#)



[trailcollege](#)



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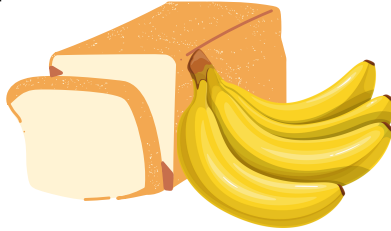
Backwoods Baking Presents:

Banana Banana Bread

[Link Here](#)

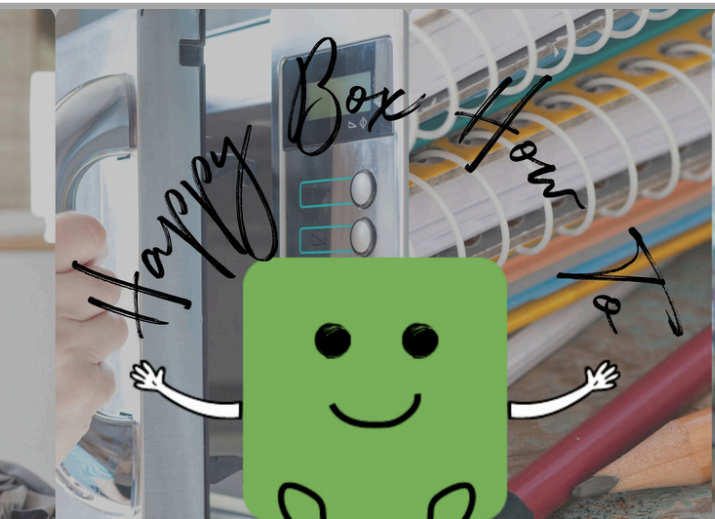
INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup brown sugar
- ½ cup butter
- 2 large eggs, beaten
- 2 ⅓ cups mashed overripe bananas



INSTRUCTIONS

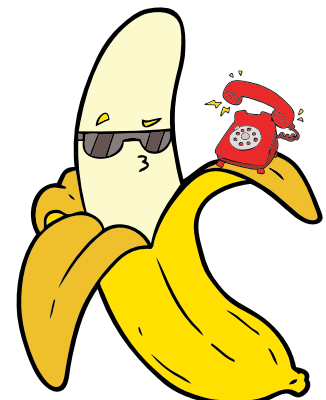
1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.
2. Combine flour, baking soda, and salt in a large bowl. Mix brown sugar and butter in a separate large bowl until smooth. Stir in eggs and mashed bananas until well blended in a third bowl. Combine all three until smooth consistency.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean or about 60 minutes. Let bread cool in pan for 10 minutes, then turn out onto a wire rack to cool completely.
4. Enjoy!





Check out our video on how to book an academic advising appointment! Click on Trail's [YouTube channel](#) to view

Trail Mix

What do bananas say when they answer the phone?
Yellow!



What's going on at the College on the Hill?



Motivation Mondays

Graduate Writers' Group
Starts September 16


When? Where?

Every Monday
10:30 to 11:30 am

Wallis Hall 226
Zoom

Motivation Mondays helps to:

- Develop writers with tips to improve writing
- Create a community of writers to celebrate achievements of writing
- Maintain momentum with writing



[Register on the Student Experience Portal](#)

Graduate students will be encouraged to set realistic writing goals on a weekly basis to monitor their progress and to maintain momentum with their writing.
[More Information here.](#)

OUTDOOR MOVIE NIGHT

Jalynn Bennett Amphitheatre | Traill College

September 24th
7 - 9 PM



 *Weather Permitting*

Join us on Tuesday, September 24th for another outdoor movie night at Traill College!
In this sitting, we will be watching 'Shrek'!
Come out for a fun night and free snacks!
Dress for the weather and feel free to bring a warm blanket.

TRAILL COLLEGE 60TH ANNIVERSARY GUEST LECTURE SERIES



03 OCTOBER 2024
7:30 PM

BAGNANI HALL
TRAILL COLLEGE

Refreshments provided



DR. MARION FRY

Traill College Principal
1964-1968

Come enjoy a lecture from Dr. Marion Fry the first principal of Traill college. Dr. Fry played an important role in the shaping of Trent university and Traill college. Listen about her time at Trent and the History of the college.

Attention New Trail Students!



Scarf Ceremony

October 5th, 11am


Catharine Parr Traill College invites all new Traillites to be officially welcomed or 'scarved' into the Traill community and get their maroon and grey stripes!




All Traillites who have not yet been scarved are invited to join us at the Traill campus on October 5th to receive their scarf in the Traill scarfing ceremony. Dress for the weather and remember you'll get a scarf to keep you warm!


What's going on at Trent?


TEXT & TALK

 TUESDAYS 2PM - 4PM
SEP 17 & 24 | OCT 1 & 8


 CHAMPLAIN COLLEGE
MORTON READING ROOM


sign-up link in bio!

 **Micro-credential eligible!**



Texts and Talk is a 4-week comprehensive workshop series designed to help students develop their university-level reading, critical thinking, and speaking skills with the goal of applying these skills in their academic courses and future careers. Students will practice diverse reading techniques on a variety of texts, then logically and purposefully organize ideas from the texts into speaking points, and present those ideas in a small group setting.



 **Community Speaker Series**
Generously made possible through philanthropy

The Max Eisen Lecture in Holocaust Studies. Dr. Peter Suedfeld presents "The Shattering of the Assumptive World: A Family Story"

More information/Registration:

<https://mycommunity.trentu.ca/maxeisenlecture>

Trent Services and Resources Fair

Monday, September 23 11am to 2pm
Bata Podium
(rain location: Student Centre Atrium)
Meet staff and learn about services:

- Health Services, Counselling & Accessibility Services
- Student Housing
- Equity & Human Rights
- Campus Safety
- Consent at Trent
- Office of Student Affairs
- Athletics
- The Colleges, Academic Advising & Academic Skills
- Financial Aid & Office of the Registrar
- CAREERSpace
- Information Technology
- Sustainability Office



Learn about the services and resources offered to Trent students at the Trent Services and Resources Fair on Monday, September 23 from 11am to 2pm on Bata Podium.

West Bank Homeroom



Are you a first-year student looking for community and learning support?

Join us Mondays at 5pm starting September 9th!

Learn more and sign up here!



Designed to enhance university readiness and belonging for first-year students, the East and West Bank Homerooms are facilitated by Academic Skills instructors and experienced Trent students on Monday nights from 5-7pm starting September 9th. Students can expect learning strategies, special campus guests, mindfulness activities, food and draw prizes!

What's going on at Trent?

GRADUATE STUDENTS CALL FOR ABSTRACTS



**\$50 STIPEND FOR
A 20 MINUTE
PRESENTATION!**



ABSTRACTS ARE DUE SEPTEMBER 30, 2024

SUBMISSION GUIDELINES

1. Explain your research in an interesting way to someone not in your field (max 250 words).
2. Create a submission document that includes your abstract, a title, your name, and your academic level (M.A., M.Sc., or Ph.D.).
3. Email your submission to the facilitators! twells@trentu.ca and/or jordanetherin@trentu.ca with "Symons Series Abstract" in the subject.

GRADUATE STUDENTS

Volunteer to join the anonymous panel of judges for the
**SYMONS SEMINAR SERIES ON
GRADUATE STUDENT RESEARCH!**

Learn about
research across
disciplines &
network with
fellow graduate
students!



Enjoy free
refreshments &
help determine
the Symons
Seminar Series
Top Speaker.



CALL FOR JUDGES CLOSES ON SEPTEMBER 30, 2024
email twells@trentu.ca and/or jordanetherin@trentu.ca with the
subject "Symons Series Judge" to volunteer.

Calling all graduate students 📢!! The Symons Seminar Series on Graduate Research is now accepting abstract submissions and volunteer judges!

Each month, two graduate student speakers present their research to a public audience in 20 minutes or less, competing to be named the Symons Seminar Series Top Speaker. The Seminar Series is a wonderful opportunity to learn about research from across disciplines, practice your skills, and enjoy free refreshments while you network with fellow graduate students.

Abstracts can be submitted for a work in progress, a portion of a project, or even a completed project or thesis, and each presenter will receive \$50! Judges can be at any stage in their graduate studies and will help to determine the Symons Seminar Series Top Speaker. Both the call for abstracts and the call for judges close on September 30, 2024. To volunteer or submit an abstract, or if you have questions about the Seminar Series, email twells@trentu.ca and/or jordanetherin@trentu.ca.

Are you ready to make an IMPACT?



Applications due by Monday, September 23

APPLY ONLINE: [TRENTU.CA/IMPACT](https://trentu.ca/impact)

Are you interested in leadership, personal development, social change and community building? The [IMPACT Leadership Program](https://trentu.ca/impact) might be the right fit for you!

IMPACT is an innovating and exciting leadership program for students who wish to engage in self-exploration, work collaboratively with others, and develop a sense of citizenship through community engagement. Students in this six-month program attend leadership development workshops and retreats and complete a 20-hour community placement with a local non-profit organization.

Want to make a difference in your community? Apply for [IMPACT](https://trentu.ca/impact) before Monday, September 23rd.

Questions? Contact [Johanna Hart](mailto:Johanna.Hart@trentu.ca), Program Coordinator.

Join us to cheer on the Excibur women's rugby team at our inaugural Pride Game. Sport a Rainbow, a local organization dedicated to promoting a supportive, respectful, and kind environment in sport, will be on site inviting players and spectators to take the Sport a Rainbow pledge.

WOMEN'S RUGBY
SAT. SEPT. 21, 12PM
JUSTIN CHIU STADIUM

TICKETS AVAILABLE AT THE GATE. TRENT STUDENTS ATTEND FOR FREE.



Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!

This week we are highlighting: **Student Wellness Centre**



The mission of the Student Wellness Centre is to provide integrated services to address the holistic needs of students studying at Trent. The Student Wellness Centre consists of Counselling, Health, and Accessibility Services. All services are strictly confidential and co-located in Blackburn Hall. Find out more about Wellness resources [here](#).

Hello!



PEER SUPPORT

AT TRENT UNIVERSITY

Check out the Student Experience Portal at
ccr.trentu.ca to book a session.

Monday to Thursday 12-3pm.

Fun Fridays from 12-2pm.

@peersupporttrent on IG or FB

Here to listen and support. Let's connect.

Looking for another student's perspective? Book a peer support appointment Monday to Thursday 12pm-4pm through the **Student Experience Portal!**



CAREERSPACE

CAREERS & EXPERIENCES

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on trentu.ca/sep and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

Wellness Resources

[For more information click here](#)

**Here are some tips for living healthy.
Even if it's hard to do them all, everyone
has to start somewhere!**

- Eat healthy
 - A well-balanced, healthy diet is at the core of well-being.
- Get enough rest
 - Prioritizing sleep is one of the best things you can do for yourself.
- Avoid 'news overdose'
 - Unfortunately, the news is often filled with stories of suffering. This can cause you to focus on your worst fears instead of recognizing the good things in life.
- Stay positive
 - Maintain a compassionate mindset. Random acts of kindness give us hope. Whether we perform them, receive them or watch them.
- Do something meaningful
 - Putting effort into the things that matter to you will bring out the best in you.
- Keep good company
 - Maximize spending time with people you enjoy being around.



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"You are never too old to set another goal or to dream a new dream." — C.S. Lewis